



GOOD PRACTICES TO PREVENT WRITER'S BLOCK

(HABITS TO ADOPT)

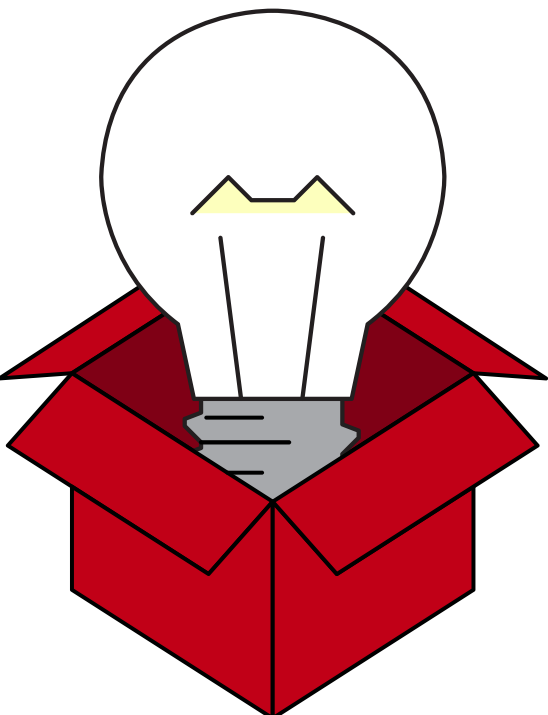
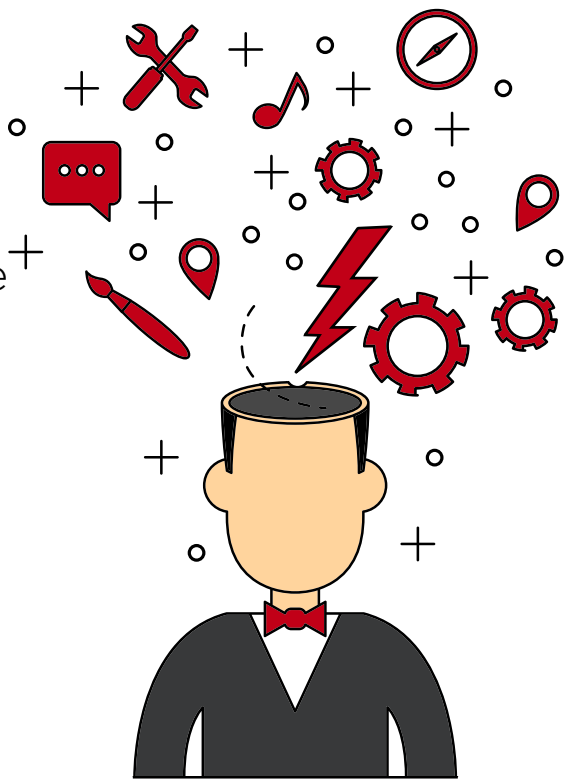
ADOPTING HEALTHY HABITS TO AVOID WRITER'S BLOCK

Writers always need to manage their ideas and be ready for new ones. Avoid writer's block by adopting these regular habits.

CAPTURE IDEAS WHEN THEY STRIKE

Always be ready to jot down an idea or record your thoughts.

- ☐ Create an “Ideas” document or a swipe file
- ☐ Use a note-taking app like Evernote
- ☐ Use a voice recorder and explain the idea to yourself
- ☐ Write it on a piece of paper
- ☐ Jump into a draft and start writing without editing



REVISIT OLD IDEAS

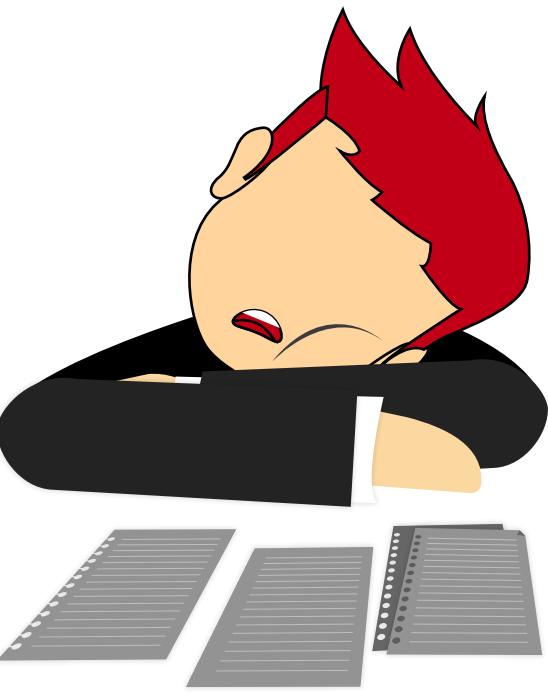
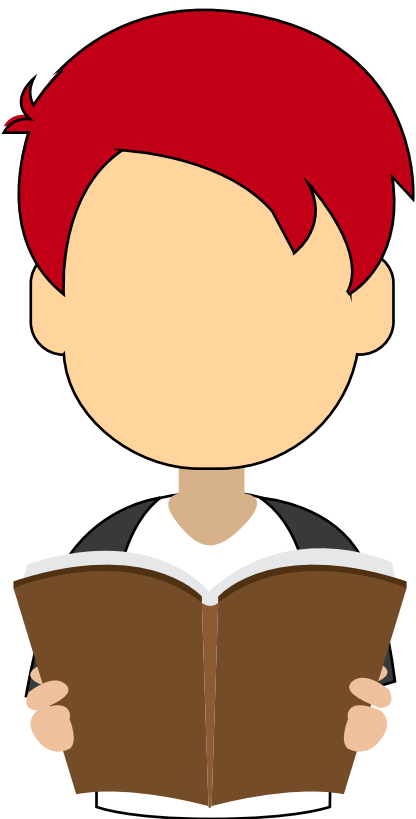
Get in the habit of mining your archives so you can bring them to light.

- ☐ Look through your Ideas docs and swipe files once a month, or more if necessary
- ☐ Provide detail for any unfinished ideas by assigning keywords or topics to them
- ☐ If an outside source inspired the idea, visit the original to refresh your memory
- ☐ Search for new pieces written about the same idea, find fresh perspectives
- ☐ Read through past published pieces - consider a sequel, update, or a new angle

READ OTHER PEOPLE'S WORK

Other writers can give you inspiration in different ways.

- ☐ Consider writing a reaction to a piece you read
- ☐ Think about how you could improve upon the piece they wrote
- ☐ Look for new topics you haven't written about yet
- ☐ Pay attention to different writing structures and try them out
- ☐ Listen to podcasts or watch videos to view stories in a different way



CHANGE THINGS UP

Working on anything for too long can burn you out. Make it a habit to switch things up periodically.

- ☐ Try working in a different location
- ☐ Meet up with friends or a colleague
- ☐ Exercise or go for a walk outside
- ☐ Switch to a different project
- ☐ Come back to it tomorrow